



Country Cappuccino Mix - Gift in a Jar

 Vegetarian

READY IN



5 min.

SERVINGS



12

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

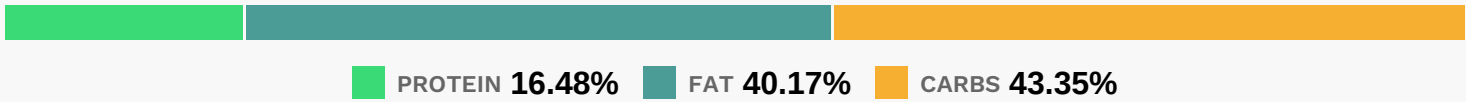
- ☐ 2.5 cups milk dry
- ☐ 0.7 cup chocolate drink mix instant
- ☐ 0.5 cup non-dairy coffee creamer
- ☐ 0.5 cup powdered sugar

Equipment

Directions

Mix 1/4 cup to 1/3 cup mix to 6 or 8 ounces hot water. Enjoy!

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:7.894347731105%

Nutrients (% of daily need)

Calories: 195.04kcal (9.75%), Fat: 8.78g (13.5%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 21.31g (7.75%), Sugar: 19.58g (21.75%), Cholesterol: 27.53mg (9.18%), Sodium: 133.86mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Calcium: 264.84mg (26.48%), Phosphorus: 238.19mg (23.82%), Vitamin B2: 0.38mg (22.64%), Vitamin D: 2.8µg (18.67%), Vitamin B12: 0.92µg (15.37%), Potassium: 426.51mg (12.19%), Selenium: 5.63µg (8.04%), Vitamin B1: 0.11mg (7.37%), Magnesium: 29.13mg (7.28%), Vitamin B5: 0.65mg (6.49%), Zinc: 0.96mg (6.41%), Vitamin B6: 0.11mg (5.45%), Vitamin A: 266.12IU (5.32%), Folate: 13.06µg (3.27%), Vitamin C: 2.49mg (3.02%), Vitamin B3: 0.54mg (2.68%), Copper: 0.04mg (1.78%), Vitamin E: 0.26mg (1.74%), Manganese: 0.03mg (1.37%), Vitamin K: 1.21µg (1.15%)